

# Working Drug-Free *Works!*



## National Drug-Free Work Week October 14-20, 2007

Visit these websites:

[WWW.DOL.GOV/  
WORKINGPARTNERS](http://WWW.DOL.GOV/WORKINGPARTNERS)

[WWW.DMME.VIRGINIA.  
GOV](http://WWW.DMME.VIRGINIA.GOV)

### Eliminate substance abuse by:

- Implementing a Drug-Free Workplace Program
- Training Supervisors
- Educating Workers
- Offering health screenings
- Publicizing available community treatment resources
- Reviewing your health insurance policy
- Allowing employees time to volunteer in community drug prevention efforts
- Distributing a payroll message listing helplines

*Visit websites listed  
above for more information.*

*National Drug-Free Work Week* is October 14-20, 2007. The Department of Mines, Minerals and Energy (DMME) in conjunction with U.S. Department of Labor (DOL) would like to take this opportunity to encourage all operators and employees to join them in observance of *National Drug-Free Work Week*.



**The purpose of *National Drug-Free Work Week*** is to ensure the protection of operators and employees in preventing workplace accidents due to drug and alcohol abuse.

## New Virginia Coal Mine Safety Act Requirements on Substance Abuse and How They Will Affect You

As a result of changes to the Virginia Coal Mine Safety Act that became effective July 1, 2007, the Department of Mines, Minerals and Energy (DMME) Division of Mines (DM) can now require substance abuse testing as part of an inspection or complaint

investigation. Testing will be required if a DM inspector finds there is reasonable cause to suspect a miner is impaired due to the presence of intoxicants or any controlled substance not used in accordance with the prescription of a licensed prescriber.

Substance abuse testing will also be required if such an impairment is suspected of being a contributing factor to a mine accident causing serious injury or death. DMME can also accept appropriate testing results provided by coal companies.

**"Workers in construction and mining industries have reported the highest rates of substance abuse and use."**

*Substance Abuse and Mental Health Services Administration. 2002. "Substance Use, Dependence or Abuse Among Full Time Workers" The NHSDA Report.*

**Operators, supervisors and coworkers** are encouraged to guide at-risk employees in voluntarily seeking the proper assistance for drug and alcohol abuse.

## New Virginia Coal Mine Safety Act Requirements on Substance Abuse and How They Will Affect You

### COMPLAINTS AND INSPECTIONS

DMME/DM will immediately respond to anonymous complaints of an alleged violation or reasonable cause to suspect a substance abuse violation during an inspection at a coal mine.

### SERIOUS PERSONAL INJURY OR DEATH

DMME/DM will base its decision to test for substance abuse any person involved in a serious personal injury or whose actions may have been a con-

tributing factor in any accident involving serious personal injury or death with reasonable cause to suspect the person's impairment.

### REQUIRED DOCUMENTATION FOR DMME MANDATED SUBSTANCE ABUSE TESTING WHEN IMPAIRMENT IS SUSPECTED

The decision to require an individual to submit to substance abuse testing will be based on facts. These facts must be well documented and the results will be presented to the Board of Coal

Mining Examiners and may subsequently be presented in a court of law.

\*DMME has received 96 substance abuse incidents since July 1, 2007, resulting in 38 certification suspensions and 11 revocations.

*For more information concerning New Virginia Coal Mine Safety Act Requirements on Substance Abuse and How They Will Affect You, visit the DMME website at: [www.dmme.virginia.gov](http://www.dmme.virginia.gov) and click on Substance Abuse Control in Virginia's Coalfield.*

*Substance abuse is the improper use of a variety of prescription and controlled/illegal drugs and alcohol.*

## What is Substance Abuse?

### Alcohol

About six out of ten adults drink alcoholic beverages; of these, one out of ten is an alcoholic.

### Prescription Drugs

Many prescription drugs can impair a person's ability to function safely on the job. They include drugs,

which through side effects, may act as stimulants or depressants, and others such as tranquilizers, muscle relaxers, and antihistamines. Miners should notify their employer if they are taking prescription drugs that could cause impairment or affect their ability to do their job.

### Over-the-Counter Drugs

Non-prescription drugs can cause drowsiness, impair thinking and effect balance.

### Illegal Drugs

Artificial "highs" caused by illegal drugs can seriously impair judgment and reduce reaction time.

**Impaired workers endanger not only themselves but their coworkers, as well.**

## Substance Abuse Counseling Services

The DMME has compiled the following list of Community Services Board substance abuse counseling/treatment services and others located in and around the Southwest Virginia coalfield. These organizations offer a wide range of substance abuse prevention, education, consultation and treatment services and are open to individuals

as well as companies.

Cumberland Mountain  
P.O. Box 810  
Cedar Bluff, VA 24609  
(276) 964-6702

Dickenson County  
P.O. Box 309  
Clintwood, VA 24228  
(276) 926-1682

Highlands  
Executive Plaza, 4th Floor

510 Cumberland Street  
Bristol, VA 24201  
(276) 669-3179

Planning District 1  
P.O. Box 1130  
Norton, VA 24273  
(276) 679-5751

Frontier Health  
3169 Second Avenue, East  
Big Stone Gap, VA 24219  
(276) 523-8341